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From: GICPublicInfo (GIC) <gicpublicinfo@massmail.state.ma.us>
Sent: Sunday, June 17, 2012 7:59 PM
To: Farak, Sonja (DPH)
Subject: GIC Summer News

Walk to Wellness and Discover New Places in the Process

Walking is an easy, low impact way to increase your physical activity and path to wellness. The benefits of walking are many. [Find out about some great resources](#) for walking opportunities in Boston and across the state.

Study to Improve the Mental Health of American Workers Available to GIC-eligible Employees and their Dependents

The GIC, along with approximately 30 employers and insurers, is participating in a nationwide study to help working people with depressive symptoms to feel better and function better. This study is being conducted by a highly-regarded research team from the Institute for Clinical Research and Health Policy Studies within Tufts Medical Center. This is not a drug study. All GIC-eligible employees and their dependents are eligible for this free study. [Read more...](#)

New Perspectives Added to the Commission

The GIC's newest Commissioners bring new expertise to the Commission's deliberations on behalf of both members and the Commonwealth's taxpayers. Melrose Mayor Robert Dolan filled the Massachusetts Municipal Association seat on the Commission. Neil Minkoff, M.D., filled one of the Commission's public member seats. Both bring strong credentials as the GIC continues its cutting edge purchaser role in the health care and other employee benefits sector. [Read more...](#)

Two \$2,500 Scholarships Available to College Students Pursuing Health Care Careers

If you have an undergraduate GIC-eligible dependent who is pursuing a career in the health care field, encourage him or her to apply for one of two \$2,500 scholarships sponsored by Tufts Health Plan. Preference will be given to students who demonstrate an interest in a career in the allied health field. [Read more...](#)

"No Thank You Doctor" - When Saying No is Good for Your Health

Saying "no" to your doctor may not be easy. After all, he or she has a medical degree and you don't. However, sometimes it's important for your own health to question whether certain tests are necessary. And, it's always good to have a dialogue with your doctor. Nine medical specialty groups, including the American Board of Internal Medicine Foundation and the American College of Cardiology, recently released a list of 45 tests and procedures that patients usually don't need. [Read more...](#)

Keep In Mind...

Status Changes and Notification Responsibilities

You must notify the GIC when your status changes. Failure to provide timely notification of personal information changes may affect your insurance coverage and may result in your being charged for services provided to you or a family member. If any of the following occur, active employees must notify the GIC Coordinator in their benefits office:

Marriage or remarriage

- Legal separation
- Divorce
- Address change
- Birth or adoption of a child
- Legal guardianship of a child
- Remarriage of a former spouse
- Dependent age 19 to 26 who is no longer a full-time student or who has moved out of your health plan's service area
- Death of an insured (*family member must notify the GIC Coordinator if the insured was an active employee, or the GIC for a retiree or survivor*)
- Death of a covered spouse, dependent or beneficiary
- Life insurance beneficiary change (*state enrollees only*)
- Eligibility for other health coverage if you have GIC COBRA coverage

You may be held personally and financially responsible for failing to notify the GIC of these personal or family status changes.

*For answers to what to do when changes occur in your life that may affect your GIC coverage, see the **Answers to Frequently Asked Questions** section of our website.*

Skilled Nursing Facility Benefits: Important, but Short-term

By Robert Sorrenti, M.D., UniCare State Indemnity Plan

The Skilled Nursing Facility (SNF) benefit covers an important type of care, often referred to as transitional care. Transitional care occurs when a person has been in the hospital but no longer needs the acute care that hospitals provide. At the same time, the person may not be able to go home because he or she still needs the special services of a nurse or other health care professionals. The person may need extensive care for a wound, frequent suctioning of the lungs or continuing physical therapies. Instead of staying in the hospital, the person goes to a skilled nursing facility for those special services. **Read more...**

Be Safe – Check Your Hospital's Patient Safety Rating Before an Admission

If you or a loved one is planning a hospital admission, find out the hospital's patient safety rating. The Leapfrog Group, a coalition of large employers including the GIC, is committed to reducing medical mistakes in hospitals and provides hospital patient safety information to help accomplish this. Consumers can search hospitals by city and state and for overall patient safety ratings or the safety of selected procedures, such as heart surgery and high-risk deliveries. **Read more...**

The GIC Welcomes Nine New Municipalities and Nears 400,000 Covered Lives

Welcome to the following new municipalities effective July 1, 2012. **Read more...**

The summer 2012 issue of For Your Benefit includes these topics and more. See the attached link for a copy of the newsletter. Printed copies will be available through the GIC Coordinator in your benefits office the week of June 18.